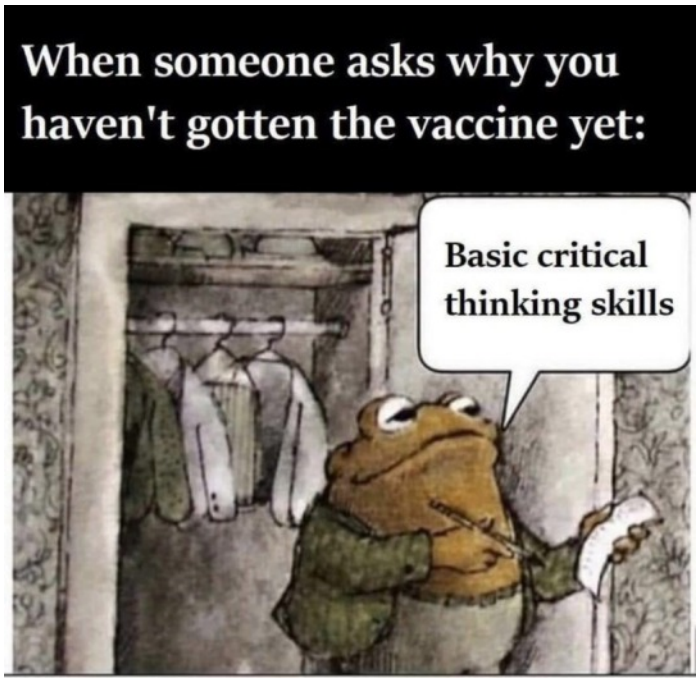
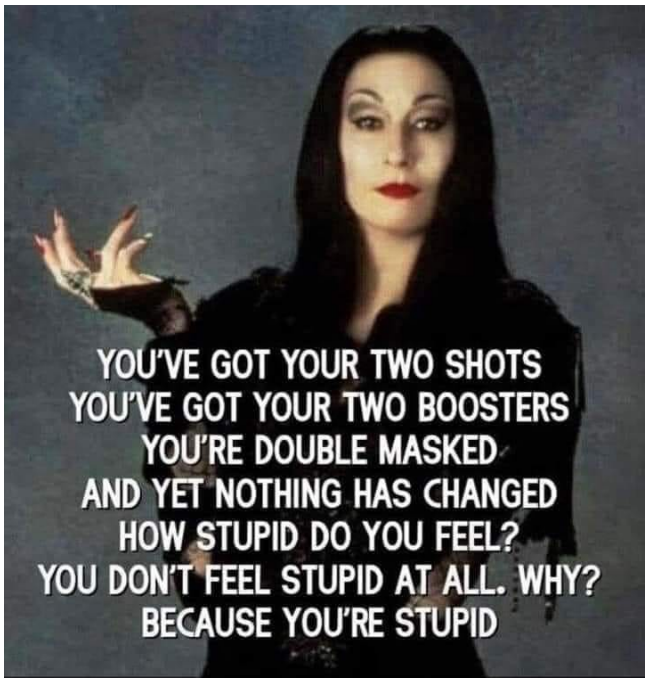
5 PERSONAL POINTS ON THE PLAN-DEMON-IUM
by bhakta John Jagannatha

1 Think outside the vax.

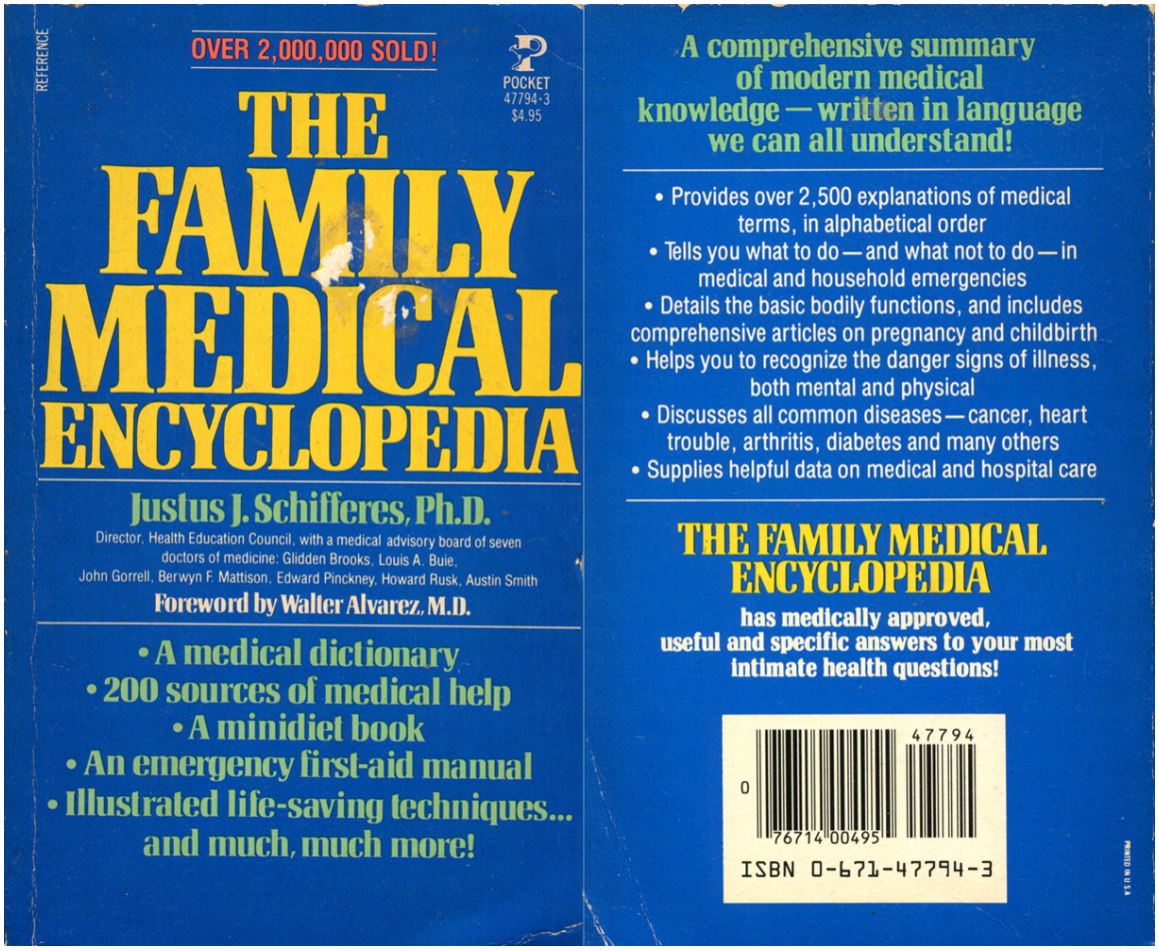


2 Wearing a mask doesn’t work.
3 Being anti-social doesn’t work.
4 Obeying hypocrites doesn’t work.

5 A strong immune system WORKS.



Trust in God - Krishna - *HARE KRISHNA HARE KRISHNA KRISHNA KRISHNA HARE HARE / HARE RAMA HARE RAMA RAMA RAMA HARE HARE*, not in man or woman.



The Family Medical Encyclopedia 1959, 1977

Epidemic the widespread attack of a particular disease in a community. How many cases constitute an epidemic is not an easy question. Epidemic conditions (and dangers) are often exaggerated in newspaper reports. It is the specific business of *public-health* authorities to prevent epidemics of infections and communicable diseases and, if they do occur, to investigate them and enforce measures for their control. Many epidemics have a seasonal incidence (for example, influenza), and many are largely confined to particular groups (for example, an epidemic of mumps among children.

Pandemic very wide-scale EPIDEMIC. Influenza was pandemic in 1918; it swept across the whole United States and many countries in Europe.

Quinine cinchona bark; more exactly the bitter white alkaloid powder extracted from it. From the time of its introduction into Europe from South America, by the Countess of Cinchon in about 1640, until World War II, in

1940, quinine was the sovereign specific drug for treating all forms of MALARIA and was also commonly used to reduce fever in many other infectious diseases.

Virus A virus is a tiny parasite living, growing and reproducing its kind *inside* a host CELL. When viruses damage or destroy the cells they invade, they produce *virus diseases*; polio, smallpox and rabies are typical examples. Viruses are the smallest MICROBES.

"Virus," or *"the virus,"* has also become a fashionable medical diagnosis. It is usually applied to minor disturbances of the stomach or intestines ("stomach flu") and to upper respiratory tract infections related to the COMMON COLD. It is as good an explanation as any for transitory infections, of unproved origin, which make a person feel miserable and weaken him for a considerable length of time.

There is no specific treatment for "the virus." The victim is well advised to go to bed and make himself comfortable until he feels better. Good nursing, a light but balanced diet, adequate fluid intake, and careful medical observation to see that no serious complications develop are what is required.

Nature of viruses. Viruses were first discovered in 1892 by a Russian scientist, D. Iwanowski, who noted infective agents that would pass through a filter that stopped ordinary bacteria. Hence they were originally called *filterable viruses.* First to be discovered was the tobacco mosaic virus, a plant that puts spots on tobacco leaves.

In 1898, Loeffler and Frosch discovered the virus that causes hoof-and-mouth disease in cattle and in 1901, Walter Reed and his associates found the virus that causes yellow fever in man. Since then, a great many viruses, all parasites on the cells of plants, lower animals or human beings, have been identified. Viruses that are parasites on bacteria are called *bacteriophage* (phage).

Closely related to viruses are RICKETTSIA, microbes which are parasites on host cells but which are too large to pass through the porcelain filters that let viruses through. The principal rickettsial disease is TYPHUS.

The exact nature of viruses has not yet been settled. They are on the border-line between the living and the dead. A “live” virus can apparently be reconstituted out of inorganic chemicals (the tobacco mosaic virus) and will multiply or replicate itself within cells. This is the area where chemistry and biology seem to merge.

The crux of the matter appears to lie in the nucleus of the virus, made up of nucleic acid and nucleoproteins. The outer coat of the virus, which can be stripped, is a protein. The nucleic acids – chemicals – have a special configuration in their molecular form. They are twin spirals, like spiral springs, one turning to the right, the other to the left.

Under certain circumstances of virus reproduction, they split apart and then join together again. This is much the same process that occurs when the CHROMOSOMES in the nucleus of a living cell split apart and rejoin to form new cells. In other words, viruses act much like GENES, and greater similarities between them may be found. The process of wild multiplication of CANCER cells also has much in common with virus duplication.

How big are viruses? They are unbelievably small – millionths of an inch in length, breadth and thickness. The largest known virus, that of parrot fever (psittacosis) – measuring 450 millimicrons – is only about $1/20^{th}$ the size of a red blood cell. The smallest virus, that of hoof-and-mouth disease, measures only 10 millimicrons. The largest viruses are exceeded in size by some protein molecules.

The size and shape of viruses is now determined by electron microscope and X-ray procedures. Viruses come in all kinds of shapes – spheres, balls, ovals (egg-shaped), cubes, rhomboids, commas, and rods.

Techniques of TISSUE CULTURE, in which viruses are grown on living cells which are themselves growing in a nutrient (feeding) medium in glass tubes, have greatly enhanced virus research.

Virus infections engender a certain amount of immunity against subsequent re-infection with the same type of virus. In some cases immunity is high, as in polio-virus infections; in other cases, like the common cold, the immunity is temporary and limited. Some types of viruses induce the development of ANTIBODIES which protect against invasion by related viruses. That is how the cowpox induced by vaccination protects against SMALLPOX.

Viruses are spread in a variety of ways. Some virus diseases, like chickenpox and measles, are spread by contact or by droplets in the air. Rabies virus is transmitted only through a wound – the bite of a rabid animal. Many viruses are spread by insects; for example yellow fever and equine encephalitis virus. There is often a reservoir of virus infection in wild or domestic animals. Virus diseases are rarely spread by water, milk or food contaminated by virus.

Most viruses do not respond to drug and antibiotic treatment. Immune serum, from people who have had one attack of the virus disease, is often used to provide a passive IMMUNITY. This immunity is usually concentrated in the GAMMA GLOBULIN fraction of the blood.